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ABSTRACT

A study guide for the Health Support Area II examination of the University of the State of New York Regents External Degree Program is presented. The examination tests the use of the nursing process to support the health of the client at risk for major health problems throughout the life cycle. Emphasis is placed on nursing actions related to prevention, teaching and counseling, screening, and early detection. A list is presented of objectives for the nursing degree candidate. Alterations in developmental and sustenal patterns, in activity patterns, and in life-space patterns are indicated for each of the following problem areas: mental health, nutritional disturbances, cardiovascular/respiratory problems, childbearing problems, safety and environmental health problems, infections and communicable diseases, neurological problems, endocrine problems, autoimmune problems, and birth defects and genetic problems. Additionally, for each of these areas, primary and secondary references are listed that the candidate may find helpful in preparing for the examination; in total, the bibliography consists of 134 references. Three sample test questions are also included. (SW)

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DEGREE PROGRAMS IN NURSING
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STUDY GUIDE FOR THE REGENTS EXTERNAL DEGREE EXAMINATION IN

HEALTH SUPPORT - AREA II (4 Credits)

The Health Support Area II examination focuses on alterations of developmental, sustenal, activity, or life-space patterns which place the client at risk for major health problems.

The major health problems considered are: mental health problems, nutritional disturbances, problems of pregnancy, cardio-vascular/respiratory problems, problems of safety (accidents), problems of cellular growth (neoplasms), infections and communicable diseases, neurological problems, endocrine problems, auto-immune diseases, birth defects, and genetic problems. The examination tests the use of the nursing process to support the health of the client at risk for major health problems throughout the life cycle. Emphasis is placed on nursing actions related to prevention, teaching and counseling, screening, and early detection with regard to the needs of the clients, whether individuals, families, or communities.

OBJECTIVES

The candidate will be expected:

1. to recognize the actual or potential stressors associated with the identified major health problems;
2. to identify patterns that place the client at risk for major health problems;
3. to demonstrate the ability to recognize early signs of deviations from health;
4. to utilize the nursing process in supporting the health of clients at risk to a major health problem by:

    a. assessing the client's health status
    b. analyzing assessment data to identify the client's health care needs/problems and determine goals for nursing care
    c. formulating a nursing plan to achieve identified goals
    d. implementing the appropriate nursing plan
    e. evaluating the effectiveness of an intervention in terms of goal achievement.

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DEFINITIONS

For purposes of this examination, the following definitions are used throughout.

1. Client Systems:

   A. An individual is a single human being as contrasted with a family or community.

   B. "The family is a special kind of small group in which the members are united by blood, marriage, or other bonding. The family members stay together over time and are interdependent in meeting their physical - psychosocial - cultural needs..."

   Hall, Joanne E. & Weaver, Barbara R. Distributive Nursing Practice: A Systems Approach to Community Health. Philadelphia: J.B. Lippincott Co., 1977, p. 102.

   C. A community is a group of people with a common characteristic, location, or interest living within a larger society. A community can be considered a geographic area, an ethnic group, or an aggregate of people with a common goal.

   Tucker, William Harris. "The Nature of a Community." Community Health Care and the Nursing Process. Edited by Margot J. Fromer. St. Louis: The C.V. Mosby Co., 1979, p. 165.

2. The Nursing Process:

   The nursing process is perceived as a problem-solving process, cyclical in nature. The stages of the nursing process are:

   A. Assessment is the process of gathering and synthesizing data about the client's health status.

   B. Analysis is the identification of the client's health care needs and the determination of short and long-term goals of nursing care.

   C. Planning is the formulation of objectives and specific strategies to achieve the goals of nursing care.

   D. Implementation (intervention) is the carrying out of nursing plans designed to achieve the goals.

   E. Evaluation is the appraisal of the effectiveness of the intervention in terms of goal achievement.

CONTENT DESCRIPTION

An outline of the content of the examination follows. Information to be tested includes, but is not limited to, specific items listed under each subheading. The percentage of the examination devoted to each main topic appears in parentheses next to that topic.

	Primary References	Secondary References
I. Mental Health Problems (12%)	I. 1, 10, 18, 30, 37, 51, 56, 66 70	79, 94, 113, 115, 119, 123

A. Alterations in Developmental and Sustenal Patterns

1. Individuals - delayed development, mental and emotional problems

Ages 0 - 5 - Developmental screening, excessive irritability, sleep disturbances, excessive crying, lack of interest in environment, poor coordination, speech problems, fear of separation or new experiences, temper tantrums, ADL

Ages 6 - 12 - Prolonged excessive anxiety, fear of new situations, acting-out behaviors, failure to achieve in school, withdrawal, somaticizing

Adolescence - Inappropriate behaviors and interactions, self-destructive tendencies, use of drugs, signs of depression, sexual conflict, lack of self-confidence

Adults - Inappropriate behavior, destructive to self or others, inappropriate use of defense mechanisms, depression, inability to accept age-appropriate changes, excessive use of stimulants, depressants (including alcohol), and over-the-counter and prescription medications

2. Families - Dysfunctional families, family assessment, failure to achieve expected tasks of developing families, failures of clear communication, consensual validation

B. Alterations in Activity Patterns

1. Sleep/wake disturbances - changes in patterns of sleep, drug interference

2. Work/leisure disruptions - inappropriate work habits, changes in job status, lack of resources for recreation and leisure

3. Stimulation/deprivation overload - environmental factors, isolation, noise

	Primary References	Secondary References
C. Alterations in Life-Space Patterns		
1. Inadequate, unsafe environment - housing		
2. Lack of physical and personal privacy		
3. Conflicts with cultural/religious beliefs - family planning and abortion		
II. Nutritional Disturbances (12%)	II. 6, 13, 14, 15, 17, 31, 32, 43, 53 54, 64, 69	95, 103, 116, 121, 127, 130, 134
A. Alterations in Developmental Patterns of Individual, Families, Communities		
1. Physical-genetic predisposition to obesity, endocrine or metabolic imbalances		
2. Psychosocial-obesity, anorexia nervosa, body image		
3. Cognitive-lack of nutritional knowledge		
B. Alterations in Sustenal Patterns		
1. Nutrition - dietary patterns predisposing to imbalances of carbohydrates, lipids, proteins, vitamins, and minerals		
2. Hydration - fluid intake and electrolyte disturbances		
3. Elimination - dietary patterns predisposing to disorders of elimination		
4. Support systems/resources - identification of patterns placing clients at risk for disorders of nutrition (dependency on others for food preparation or feeding during infancy, childhood, old age); programs for weight reduction and exercise		
C. Alterations in Activity Patterns		
1. Change in mobility - alterations in activity patterns		
2. Altered work/leisure patterns		
3. Alterations in sleep/wake patterns		

	Primary References	Secondary References
D. Alterations in Life-Space Patterns		
1. Communication - roles and expectations that influence dietary patterns		
2. Socioeconomic status - dietary patterns dictated by status, finances, or culture that predispose to nutritional imbalances		
3. Safety/Environment - lack of adequate facilities for preparation and storage		
III. Problems of Childbearing (10%)	III. 7, 12, 33, 40, 47, 53, 58, 63, 70	88, 109, 123, 133
A. Alterations in Developmental Patterns in Individuals and Families		
1. Physical - maternal age, structural problems, history of reproductive problems, exposure to infectious agents, radiation, or chemotherapy; history of medical illness		
2. Psychosocial - impaired perception of childbearing process, impact of unexpected cesarean birth, interferences with parent-infant interactions, history of maladaptive parenting patterns, parental response to an infant with a birth defect, parental response to a premature infant		
3. Cognitive - lack of knowledge related to childbearing and parenting		
B. Impaired Sustenal Patterns		
1. Oxygenation - smoking during pregnancy, maternal hypoxia during anesthesia, maternal intake of narcotics		
2. Cardiovascular - maternal heart disease, anemias, sickle cell disease, thromboembolization, deviations in blood pressure, Rh, ABO incompatibility		
3. Elimination - history of urinary tract infections, renal disease, proteinuria, constipation		

	Primary References	Secondary References
4. Regulatory - family history of endocrine disorders, history of headache, visual disturbances		
5. Nutritional - inadequate diet to meet needs during pregnancy and lactation, prolonged vomiting, alcohol, caffeine intake		
6. Fluids and Electrolytes - inadequate fluid intake during pregnancy and lactation, increased fluid retention		
7. Support Systems - inadequate situational support, lack of knowledge related to or availability of community support systems, inadequate financial resources		
8. Communication - inability to communicate needs		
9. Cultural Aspects, Values		
C. Alterations in Activity Patterns		
1. Mobility/physical activity - changes in exercise, lack of physical activity, poor posture		
2. Sleep/wake/rest - impaired sleep/wake/rest patterns		
3. Work leisure - occupational hazards		
D. Alterations in Life-Space Patterns		
1. Safety - unsafe physical environment, exposure to toxic agents, radiation		
2. Body awareness, personal hygiene - lack of knowledge related to personal hygiene, disturbed body image, concept, role		
IV. Cardiovascular/Respiratory Problems (12%)	IV. 4, 8, 9, 13, 14, 44, 57 72, 77	78, 80, 82, 85 86, 89, 93, 102, 105, 106, 131, 132
A. Alterations in Developmental Patterns in Individuals and Families		
1. Physical - family history of cardiovascular/respiratory disease, identification of populations at risk for cardiovascular/respiratory problems, resistance to seeking health care		

	Primary References	Secondary References

2. Psychosocial - stress, obesity, hypertension, smoking, type A personality

3. Cognitive - lack of knowledge related to risk factors, lack of knowledge related to health maintenance

B. Impaired Sustenal Patterns in Individuals and Families

1. Interference with oxygenation - smoking, dyspnea or exertion, orthopnea

2. Circulatory changes - sedentary, pressure points, estrogen therapy

3. Elimination - avoiding vagal stimulation, constipation

4. Mobility - changes in exercise patterns

5. Regulatory Mechanisms - history of endocrine disturbance, impaired neurological functioning, impaired renal functioning

6. Fluids and Electrolytes - dehydration, overhydration, impaired F and E balance due to drug therapy

7. Nutrition - need for balanced diet, obesity, avoidance of foods high in cholesterol, triglycerides, carbohydrates; research on role of nutrition in cardiovascular/respiratory disease, caffeine, alcohol intake

8. Support Systems - inadequate situational support leading to stress or anxiety, lack of knowledge of or availability of community support groups, inadequate financial resources

9. Cultural Aspects/Values - noncompliance to preventive regime, interference with cultural values, beliefs

	Primary References	Secondary References
C. Alterations in Activity Patterns		
1. Mobility/Physical Activity - increased or decreased exercise patterns, occupations or activities requiring increased or decreased physical exertion		
2. Sleep/wake/rest - interference cycles		
3. Work/leisure - stressful occupation, sedentary life-style		
D. Alterations in Life-Space Patterns - Safety - exposure to environmental pollutants, extreme heat, cold; infectious agents		
V. Problems of Safety and Environmental Health (10%)	V. 4, 6, 8, 9, 11 16, 20, 34, 59 68, 71	80, 82, 98, 100 125
A. Lack of knowledge about safety - children ingesting or inhaling foreign objects, electrical outlets, car seats		
B. Lack of protection against harm - unsafe home environment, unsupervised children, availability of toxic substances, battered children and adults		
C. Risk-taking behavior - substance abuse, reckless driving, trauma, sensory loss		
D. Occupational hazards - injuries, fire, chemical, thermal, radiation, noise hazards		
E. Environment - poor air, water quality, man-made or natural disasters		
VI. Problems of Cellular Growth (Neoplasms) (8%)	VI. 6, 11, 13, 14 16, 19, 26, 29, 36, 38, 49, 50, 55	78, 80, 83, 99 107, 112
A. Alterations in Developmental Patterns in Individuals and Families		
1. Physical - age, sex, genetic, history of cancer		
2. Psychosocial - stress, resistance to seeking health care		

	Primary References	Secondary References
3. Cognitive - lack of knowledge of risk factors		
B. Alterations in Sustenal Patterns in Individuals, Families, Communities		
1. Oxygenation - smoking, chest X-ray, shortness of breath, changes in coughing, hemoptysis		
2. Elimination - dietary, abuse of laxatives		
3. Regulatory (Neuro/Hormonal) - changes in weight, mental status, history of headache, visual disturbances		
4. Fluids & Electrolytes - increased fluid retention		
5. Nutrition - lack of bulk in diet, food additives, preservatives chemical contaminants in water, anorexia, nausea and vomiting		
6. Support Systems - lack of knowledge of (or lack of availability of) community resources, inadequate financial resources		
7. Communication - inability to communicate needs		
C. Alterations in Life-Space Patterns		
1. Environment - occupational residential hazards		
2. Lack of Body Awareness - lack of education of the seven warning signals, screening and detection		
VII. Infections and Communicable Diseases (10%)	VII. 3, 4, 8, 9, 11, 24, 27, 28, 52, 76	80, 82, 83, 89, 91, 92, 109, 111, 120
A. Alterations in Developmental Patterns in Individuals and Families		
1. Physical - age - characteristic alterations in immune response, general health status		
2. Psychosocial - depression, stress		

	Primary References	Secondary References

3. Cognitive - lack of knowledge related to transmission of infectious disease

B. Alterations in Sustenal Patterns

1. Oxygenation - circulation in infections

2. Nutrition - decreased protein, vitamin deficiencies

3. Fluids and Electrolytes - dehydration leading to loss of skin and mucous membrane integrity

4. Immune Response - altered immune responses, immunizations, screening for TB

5. Support/Resource Disruptions - sexually transmitted diseases, decreased resistance

C. Alterations in Activity Patterns

1. Mobility/Activity - travel-related contraction of infectious disease

2. Work-Leisure - camping, laboratory technician, health care personnel

D. Alterations in Life-Space Patterns

1. Socioeconomic status - low income groups, cultural, financial, availability of resources

2. Safety/Environment - food preparation, Tuberculosis, Enterobiosis, Ascariasis, environment

VIII.	Neurological Problems (5%)	VIII. 6, 13, 14, 21, 22, 60, 61, 62, 75	78, 89, 97, 110, 117, 126, 128

A. Alterations in Developmental Patterns

1. Physical - genetic factors, birth trauma, growth and development delays, abnormalities, family history of neuromuscular disorder, history of infections, poor body mechanics, trauma

2. Cognitive - family counseling re: possible genetic risks

	Primary References	Secondary References
B. Alterations in Activity Patterns		
1. Changes in mobility/activity - poor posture, impaired mobility, impaired balance, decreased ROM, lack of coordination, joint swelling, pain, low back pain		
2. Sleep/wake/rest - insomnia		
3. Sensory input - impaired vision, hearing, touch, short attention span		
C. Alterations in Life-Space Patterns		
1. Safety - unsafe physical environment, harmful chemical agents, poor lighting, exposure to toxic agents, exposure to infectious agents, drug therapy		
IX. Endocrine Problems (8%)	IX. 6, 13, 14, 16, 25, 42, 45, 48, 58, 65	78, 89, 101, 104, 118, 122, 124, 129
A. Alterations in Developmental Patterns in Individuals		
1. Physical - age, sex, genetic predisposition for pituitary, thyroid, pancreatic adrenal or gonadal imbalances, screening for early signs of growth problems, altered menstrual patterns, appetite changes, intolerance to heat/cold changes, changes in urinary output, energy levels		
B. Alterations in Sustenal Patterns for Individuals and Families - Cognitive - lack of knowledge of community support systems		
C. Alterations in Life-Space Patterns for Clients		
1. Safety/Environment - goiter in iodine deficient areas		
X. Auto-immune Problems (5%)	X. 6, 13, 14, 16, 23, 41, 67	78, 89, 96
A. Alterations in Developmental Patterns		
1. Physical factors - age, sex, genetic predisposition		

	Primary References	Secondary References
2. Psychosocial factors - stress		
3. Cognitive - lack of knowledge of factors that place a client at risk for auto-immune diseases		
B. Alterations in Sustenal Patterns - immunology - exposure to repeated viral/bacterial infections, altered immune system response		
C. Alterations in Life-Span Patterns		
1. Environment - physical environment, exposure to known allergens or irritants		
IX. Birth Defects and Genetic Problems (8%)	IX. 6, 7, 8, 9, 11, 16, 35, 39, 46, 73, 74	80, 82, 83, 85, 91, 108, 114, 133
A. Alterations in Developmental Patterns		
1. Physical - maternal age, predisposition to chromosome or genetic defects, cataracts, Huntington's chorea, inborn errors of metabolism		
B. Alterations in Sustenal Patterns		
1. Nutrition - altered patterns of maternal nutrition that place fetus at risk for birth defects, prematurity, congenital malformations, neonatal death, fetal-alcohol syndrome		
2. Immunology - maternal infections during pregnancy that place fetus and neonate at risk for congenital disorders and malformations		
3. Support/Resources - support patterns in the family or community that enhance or hinder - availability of preventive care		
C. Alterations in Life-Space Patterns		
1. Socioeconomic Status - patterns that place fetus or neonate at risk		
2. Safety-Environment - chromosome and genetic mutation resulting from environmental hazards		
3. Culture/Ethnicity - intermarriage, racial predisposition		

REFERENCE MATERIALS

The following is a carefully selected list of references which the candidate may find helpful in preparing for the Regents External Degree Examination in Health Support Area II. References may be available in college libraries, schools of nursing and hospitals as well as public libraries.

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SAMPLE TEST QUESTIONS

1. The nurse should recommend that family members living with a person who has tuberculosis initially receive:

   A. BCG vaccination
   B. streptomycin and INH
   C. a tuberculin test and chest X-Ray
   D. gamma globulin and a chest X-Ray

2. One crisis that a middle-aged individual may face is the realization that they will never "get to the top" in their job. What is the most realistic and positive way for this individual to deal with this?

   A. Seek the help of a personal counselor.
   B. Set new goals that are attainable.
   C. Communicate their discontent to their employer.
   D. Seek the support of their worker representative or union.

3. Which item must be removed when "desensitizing" a room for a client with asthma?

   A. canvas furniture
   B. dacron pillows
   C. window shades
   D. shag rugs

KEY:

1. C
2. B
3. D

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11/82